

**USATF Youth Hammer Fund**

**Donation Form**

90 % of contributions to the USATF Youth Hammer Fund go to providing Youth Hammer Throw Training Grants for boys and girls 17 years of age or younger and to distributing hammer throw coaching materials to throws coaches across the country. A donation of \$25 for each DVD is suggested; but with the current economic challenges you may be facing, any contribution you can afford will also be greatly appreciated.

Grant awardees training expenses are reimbursed after the submission of receipts for the following training categories:

1. Training equipment: competitive hammers, training hammers, wires, handles, throwing gloves, puds, throwing weights, hammer throwing shoes.
2. Travel, lodging, and meals for participating in competitions where the athlete competes in the hammer throw or weight throw.
3. Registration costs for participating in a clinic or camp where hammer throwing coaching is provided.
4. Entry fees for hammer throw/weight throw competitions.
5. Costs for the purchase of hammer throwing instructional digital or printed media.

Coaching Fees or Club Registration Fees Will Not Be Reimbursed.

Since 2005, 2007 and 2008 the Grants Program has awarded more than \$10,000 to 16 youth hammer throwers (9 boys and 7 girls). The Youth Hammer Throw Training Grants Program is activated when sufficient contributions make it possible. All but \$5 per DVD is tax deductible.

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**Donation Form  
USATF Youth Hammer Fund  
Hammer Throwing Technique and Coaching**

DVD (3.68 GB) \_\_\_\_\_ DVD (2.70) \_\_\_\_\_  
3 Turns and 4 Turns A and B

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip code \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_\_ Donation check. Make out to: USATF Youth Hammer Throw Fund

\_\_\_\_ Bill Visa card: \$ \_\_\_\_\_ *USATF accepts only Visa*

Visa card number \_\_\_\_\_ expiration date \_\_\_\_\_

signature \_\_\_\_\_

Your personal information will not be shared with any third party. Donations are tax deductible.  
Please mail donation form to: Harold Connolly, 122 Greenbrier Drive, Radford, VA 24141